

COURS COLLECTIFS

STUDIOS FITNESS & VÉLOS

SAINT-POURÇAIN

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	9 ^H 30 - 10 ^H 15 TEAM PILATES		9 ^H 30 - 10 ^H 15 BIKE	9 ^H 30 - 10 ^H 15 GYM POSTURALE	9 ^H 30 - 10 ^H 15 TEAM TRAINING
					10 ^H 15 - 11 ^H 00 BIKE
12 ^H 30 - 13 ^H 15 BIKE	12 ^H 30 - 13 ^H 15 LES MILLS BODYPUMP	12 ^H 30 - 13 ^H 15 LES MILLS BODYBALANCE		12 ^H 30 - 13 ^H 15 TEAM TRAINING	
		15 ^H 30 - 17 ^H 30  KIDS TRAINING			
	17 ^H 15 - 18 ^H 00 TEAM TRAINING		17 ^H 15 - 18 ^H 00 BIKE		
17 ^H 30 - 18 ^H 15 TEAM TRAINING	18 ^H 00 - 18 ^H 45 BIKE	17 ^H 45 - 18 ^H 30 LES MILLS BODYPUMP	18 ^H 00 - 18 ^H 45 AFC	18 ^H 00 - 18 ^H 30 BIKE	
18 ^H 15 - 19 ^H 00 LES MILLS BODYPUMP	18 ^H 45 - 19 ^H 30 LES MILLS BODYATTACK	18 ^H 45 - 19 ^H 30 DANCE	18 ^H 45 - 19 ^H 30 STEP	18 ^H 30 - 19 ^H 15 TEAM TRAINING	
19 ^H 15 - 20 ^H 00 BIKE	19 ^H 30 - 20 ^H 15 AFC	19 ^H 30 - 20 ^H 15 LES MILLS BODYBALANCE	19 ^H 30 - 20 ^H 15 TEAM PILATES	19 ^H 15 - 20 ^H 00 STRETCH	

Attention, vos séances de Team Training et de Bike sont sur inscription : nombre de places limité.